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**100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Is First Aid Different in the BackCountry?

By Chuck Fitzgerald

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First aid is first aid is first aid - right? At first glance, providing first aid in the backcountry appears to be much like it is anywhere else. But if you look a little closer and you'll find it is quite different. When you have finished this article, you will understand how it differs and how you, as an outdoor enthusiast, must think about it differently.

Let's start with the definition of first aid, followed by a little advice. First aid means just what it says - it is the initial help a person gets. It doesn't mean you need to be capable of providing expert medical care across all medical disciplines. First aid is not meant to replace medical attention. It is meant to provide appropriate treatment until expert medical attention is available. The only way to recognize the appropriate treatment is to be educated on administering first aid.

When an emergency strikes in the backcountry, you may be the only care giver within many miles or many hours of the situation. Here's the advice. If you haven't taken a first aid class in the past 2 years, it's time for a refresher course. Same goes for CPR.

When you're in the backcountry, everything tends to get magnified. The landscape is appears larger, the weather feels harsher and emergencies seem worse. If you don't have easy access to an emergency room, something as routine as a broken arm becomes a very big deal, very quickly. Meaningful first aid in the backcountry, or anywhere for that matter, requires preparation. We've already discussed the merits of proper training now let's talk about your first aid gear. Having a well stocked and appropriately stocked first aid kit is crucial.

Kits designed for outdoor activities tend to include items related to nature such as weather, insects, animals, plants, water, heat and cold. Do you have the right kit? Be sure you do and be sure you review the condition and contents of your first aid kit every time you head out. Not having what you need when you need it is inexcusable.

Getting the right training and having the right gear only helps if you have the right attitude. The most important first aid skill you can have in the backcountry is the same first aid skill you need to have at

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home, at work or at school. You must have confidence in your abilities when an emergency arises. Confidence comes from knowledge. Knowledge you've acquired from training, knowledge you have about your equipment, knowledge about your surroundings and knowledge about the situation. The more you know, the more confident you will be. This confidence will allow you to remain calm and act appropriately during tough times and it will help you to enjoy the good times while in the backcountry.

Use this information and you'll Get It Right The First Time.

Get Outdoors!

Chuck Fitzgerald is the President of Arizona based BackCountry Toys, an online store providing

backcountry specialty gear and educational information for outdoor enthusiasts. Visit www.BackCountryToys.com to receive the free e-newsletter "FreshAir" or call (800) 316-9055.

New Year's Resolutions for the BackCountry

By Chuck Fitzgerald

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The New Year has begun and you probably have a few New Year's Resolutions under way. You'll lose weight, lose a bad habit, add a good habit or even mend an old fence. But do you have any resolutions for the backcountry? Are you ready to make this year your best backcountry year? I'm ready. Here are a few of my backcountry New Year's Resolutions; please adopt a couple of these for yourself. If you do, 2005 will be your best outdoor year yet.

First off, I resolve to spend more time in the backcountry. No matter how much time I spend hiking or camping, it never seems to be enough. So this year I will try to get my fill of the outdoors. Of course, I said this last year too but failed to get enough.

Next I resolve to upgrade my critical gear. Some things are more comfortable the longer you own them, but this isn't good practice for critical backcountry gear. For example, it's been a few years since I upgraded my first-aid kit or my hiking boots or my sunglasses. These items become a liability if they are not properly maintained. I've let that slip. I'll also take a long look at my binoculars and my camping kitchen, especially my stove. Taking care of your gear will ensure its ability to take care of you when you need it most.

While we're discussing gear, let's keep going with another resolution. I resolve to learn how to use all of my gear. I've been carrying a magnesium stick for fire starting for about 5 years. I don't think I know how to use it. I'm going to learn. I need to understand more about my GPS receiver (Garmin eTrex Vista). I use about five percent of its capabilities and this is only because I haven't taken the time to learn. That changes this year.

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I also resolve to learn a new backcountry skill. I haven't decide what skill to learn but it will be something I've never done before. I've never taken the time to learn how to rock climb. Perhaps that's the one, or maybe kayaking. I've never collected water using a solar still. That sounds interesting too. Maybe you need to learn CPR or how to read a map or tie a variety of knots. This is the year to fill in the knowledge gaps.

Finally, I resolve to bring someone new into the backcountry this year. When I see the perfect sunset or a herd of antelope, the next thought I have is "I wish so—and—so was here to see this!" So this year, I'm going to share the awe of our backcountry with someone brand new to the outdoors. By sticking to these New Year's Resolutions, I will have a great year in our backcountry. I hope to see you there!

Use this information and you'll Get It Right The First Time. Get Outdoors!

Chuck Fitzgerald is the President of Arizona based BackCountry Toys, an online store providing backcountry specialty gear and educational information for outdoor enthusiasts. Visit www.BackCountryToys.com to receive the free newsletter "FreshAir" or call (800) 316-9055



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